

# PLAN OF THE WEEK

Volume 2, Issue 13

6 April 2000

## Command Column

**CDR J. S. Burhoe**  
Executive Officer



Late last week I received an invitation in the mail for Chief Warrant Officer Jeff Farmer's retirement ceremony. CWO Farmer retires on 31 May, and we are planning a very large and appropriate ceremony to be held on the parade field, with RADM F. L. Ames as the guest speaker.

It seems like only yesterday that [then] Master Chief Machinery Technician Farmer and I were stationed in the Training Division at Coast Guard Headquarters together. I was a brand new LT, and the Master Chief and I would take turns making coffee (which was our reward for getting to work before anyone else each morning).

Now granted, I was a little younger and more impressionable than I am now, but I knew then that this guy "Farmer" was one of the best the Coast Guard had to offer. He made MCPO very quickly, he treated everyone in the building (from O-10 to E-3) with great respect, and he held his own in a division filled with highly educated "training purists," always reminding them that the real purpose of training was to improve the workforce and the Coast Guard. Although we weren't using the word at the time, CWO Farmer became a "mentor" of sorts... coaching me and giving me sage advice.

CWO Farmer still "mentors" me every once in a while... he has an uncanny knack for knowing when I need it. I want to applaud his contribution, to the Coast Guard, and hope you will join me in doing the same. Semper Paratus!

## Congratulations:

BM2 Darrel Gray and his wife are the proud parents of a baby boy, 8 lbs 14 oz, 20 1/4" long, named Evan Darrel Gray, born on 30 March.

The following personnel have recently received their Instructor Qualifications: MK1 Bruce Brightman and GM2 Christopher Eberhardt.

## Thoughts from Last Week:

--- Please take note of an "All Yorktown" which was posted today by Chief Schweikhardt for Master Chief Wilton. The email asks for any assistance that can be provided to Petty Officer Nichols and his family. If you can help provide transportation, please call MCPO Wilton or PO Nichols.

--- A final meeting was held to iron out the details of the MOU between TRACEN Yorktown and TACLET North. TACLET North will be relocating here as early as December 2000. For more information, contact LT Broga.

--- Preparations for the Change of Command Ceremony are continuing. Captain John Gentile will relieve Captain Dennis Sande on 7 June 2000. LCDR Dix is the Change of Command Project Officer. Please contact him if you have any questions or concerns about the ceremony.

## A Look Ahead:

7 APR: 0900-1000, JCOC COs' Meeting, Command Conf Rm, CDR Corporon, x2143.

8 APR: 1700, 2000 Coast Guard Ball, "Celebrating Our Past, Envisioning Our Future," Norfolk Marriott, MCPO Rowe, x2197, for tickets/ticket information.

8 APR: 1900, CWOA Annual Dinner Meeting & Installation of Officers, Captain Jody Breckenridge, Chief, Officer Personnel Mgmt Div, USCG Personnel Command, Guest Speaker, Port of York, LT Broga, x2271.

10-19 APR: On-Scene Coordinators/Crisis Management Course (OSC/CMC) aboard, LCDR Merrick, x2047.

10-21 APR: Officer Advanced (PCO) ATON Course (tnaton), LCDR Creelman, x2509.

13 APR: 0730, Permanent Party Personnel Inspection, Parade Field. Personnel in formation by 0725. Foul Weather: PI in Gym; Engineering & Weapons Schools for up on Taylor Hall Gundeck.

## Important Items to Know:

🔧 Color Guard members wanted! Several positions are opening in the 1790 Color Guard this spring. Membership in the Color Guard serves as your duty section and may require some weekend and evening duty. It will also require attending performances during the workday, so you will need to be able to be excused from work at times. Additionally, there will be regular practices held during lunch periods several times a month. If you are interested, route a chit through your chain of command, including your duty section, to PO Sean Knight. All chits received by Wednesday, April 19, will be considered. People accepted into the Color Guard will be informed by Friday, April 21. For more information, contact PO Sean Knight, x2295, PO Charlene Lorino, x2221, or LT Danielle Dash, x2170.

🔧 7 APR: 1200-1630, CPOA Car Wash, Bldg 156, cost is \$3.00 per wash. For more information, contact BMC Duffy, x2751.

🔧 The deadline for submitting OCS Application Packages to the Coast Guard Recruiting Center is 2 June 2000. Applicants should plan on completing their packages at least two weeks prior to the deadline to allow time for the OCS Interview Board process. Personnel who wish to apply to OCS should contact LT John Miller, x2249, or ENS Sherri Chamberlin, x2136, to discuss qualifications and the application process.

🔧 18 May: The Second Annual CG Enlisted Association (CGEA) "Colonial Branch" Golf Tournament, Langley Air Force Base, Hampton, VA. For more information, contact YN1 Stan Hyatt, x2231, or YN2 Melissa Jacobs, x2352.

## Web sites:

Max Performance Training for better golf, fitness, exercise, and training information:

<http://www.maxperform.com>

If you are sponsoring this transfer season, you might want to check out this address:

<http://www.dmdc.osd.mil/sites>

*"Use each minute before it has disappeared forever. Keep productive work available for odd moments, and you'll achieve the desired result with a minimum of time and energy."*

## Chaplain's Corner:

### Worship Opportunities at Olde Yorke Chapel:

0945 & 1630 Sunday Roman Catholic Mass

1100 Sunday Protestant Worship

1145 Daily Roman Catholic

0630 Promise Keepers on Tuesday & Thursday

1140 Ladies Bible Study every Thursday

There is also a mid-week Bible study at the Chapel every Wednesday, from 1140-1230. This is open to all personnel and their families.

## Tricare Tip:

### OUTPATIENT MENTAL HEALTH SERVICES

Outpatient treatment with a Mental Health Provider can be up to eight visits without an authorization for treatment. If treatment is needed beyond the eight visits, your mental health provider must get a medical necessity pre-authorization from a Mental Health Care Finder. The Mental Health Care Finder can also provide you with a selection of mental health providers who can meet your specific treatment needs. If there is no Tricare network provider in the area, the Mental Health Care Finder will help locate a non-network provider that does meet your needs. For Tricare Prime enrollees, no referral is required from your PCM for outpatient mental health services and the eight visit rule applies. You must receive treatment from a Tricare Network provider unless the Mental Health Care Finder specifically authorizes you to be seen by a non-network provider. If a non-network provider is chosen with authorization from Mental Health Care Finder, you will not pay Point of Service costs. To contact a Mental Health Care Finder, call 1-800-931-9501 and press option #3.

## Safety Tip:

### PEDESTRIAN SAFETY

When jogging on streets and roads, run single file facing vehicle traffic and don't wear portable headphones. Between dusk and dawn, wear retro-reflective clothing or a safety vest. For more information, contact Roger West, Safety Manager, x2148.